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APRIL EVENTS

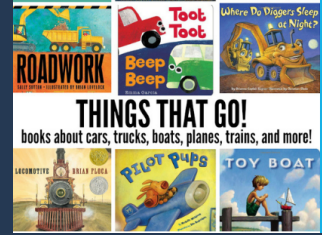
Family Fun Night

"Things that Go"

6:00 - 7:30 p.m.

Stories - Craft

Snack - Activities



Join Us!

April 12 - Darlington -OR- April 21 - Platteville

Our Lady of Fatima (basement)

O.E. Gray Building

104 E Harriet St

110 W. Adams St

PARENT CONNECTION

APRIL 2022

Family Strengthening Month

Every child deserves to grow up in a safe, stable, and nurturing environment. Please join us in promoting the safety and well-being of Wisconsin children this April during Family Strengthening Month (known nationally as Child Abuse Prevention Month).

See page 2 for a great resource to intentionally focus on your family's strengths this month!

Then...stay connected with us on Facebook all month long for more information, tips, and encouragement!



WORDS EVERY CHILD NEEDS TO HEAR

"I am so lucky to have you."

"You are a great helper."

"I love you!"

"I like it when you try so hard."

"Let's talk about it."

"I am sorry."

"You are very special to me."

"Thank you for being patient."

"You are a great kid!"

"I enjoy spending time with you."

For more information, visit
preventchildabusewi.org



Together, we can prevent child abuse, Wisconsin...Because childhood lasts a lifetime.

FREE CAR SEAT INSTALLATION & INSPECTION

Need a car seat? We have them available!
 Already have a car seat or booster? We will check to ensure it is properly installed



Did you Know?
 Correctly used child safety seats can reduce the risk of death by up to 71%

Saturday, April 23

9 am to Noon

at **KUNES**

CHRYSLER DODGE JEEP RAM

PLATTEVILLE

1950 Ubersox Drive
 Platteville

in the Shimmer Building



SIGN UP HERE

Sign Up Required



Thursdays

9:30-11:00a.m.

Bring your little ones for a morning of active play, story time, and an art activity.

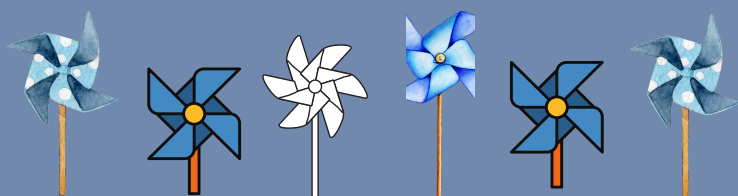
(click on theme to be directed to Facebook event for RSVP)

[April 7 April Showers](#)

[April 21 Earth Day](#)

[April 14 Bunnies and Eggs](#)

[April 28 May Day](#)



Try the 5 in 5 Challenge

Use Family Strengthening Month as an opportunity to focus on your family's strengths. Research shows there are 5 specific Strengths that help families weather difficulties, support their children's growth, and feel better connected. Focus on a different Strength every weekday using the checklists below. It's a simple way to try out new strength-building ideas and find out what meets your family's needs.



Meaningful Mondays	Toolbox Tuesdays	Recharge Wednesdays	Resourceful Thursdays	Feelings Fridays
<p>It's important to spend meaningful time with loved ones and to reach out to others for acceptance, advice, and a helping hand. Try these ideas for Connecting with Others:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Go device-free during meals or family time <input type="checkbox"/> Take a class or join a club online <input type="checkbox"/> Reach out to the homebound or elderly <input type="checkbox"/> Join or host a virtual game night <input type="checkbox"/> Deliver dinner to a neighbor <input type="checkbox"/> Volunteer in COVID-safe ways <input type="checkbox"/> Send a text to an old friend <input type="checkbox"/> Schedule a hangout with your friends <input type="checkbox"/> Fit a good hug or snuggle into your day 	<p>Adding new skills to your parenting toolbox helps you be prepared as your children change and grow. Try these ideas for Parenting As Children Grow:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Share your parenting joys and concerns with other parents <input type="checkbox"/> Make time to connect one-on-one with your children <input type="checkbox"/> Tap your pediatrician for advice <input type="checkbox"/> Sign up for a virtual parenting class <input type="checkbox"/> Get to know your child's friends <input type="checkbox"/> Read a parenting website or blog <input type="checkbox"/> Work together to reach a family goal <input type="checkbox"/> Praise your child's good choices and positive behavior 	<p>Taking care of yourself is an important part of taking care of your family. Take time to relax, recharge, and reduce stress. Try these ideas for Building Inner Strength:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take a bath <input type="checkbox"/> Call a loved one who makes you laugh <input type="checkbox"/> Reflect on a challenge you've overcome <input type="checkbox"/> Unplug with a book, a movie, or music <input type="checkbox"/> Stretch your muscles and exercise <input type="checkbox"/> Get outside for awhile <input type="checkbox"/> Breathe in slowly, count to 5, breathe out <input type="checkbox"/> Spend a little time on a favorite hobby <input type="checkbox"/> Enjoy eating a favorite treat <input type="checkbox"/> Light a scented candle <input type="checkbox"/> Play a video game 	<p>Having a strong support system made up of personal and community resources is essential for every family. Try these ideas for Knowing How to Find Help:</p> <ul style="list-style-type: none"> <input type="checkbox"/> List 3 people you can always turn to <input type="checkbox"/> Check out your local family resource center's services <input type="checkbox"/> Practice by asking for help with a small thing <input type="checkbox"/> Add the 211 Helpline to your contacts <input type="checkbox"/> Ask your circle for their recommendations <input type="checkbox"/> Thank someone for their support <input type="checkbox"/> Let a loved one know you're ready to help <input type="checkbox"/> Get to know your neighbors or parents at school 	<p>Kids who learn how to understand and manage feelings become better at dealing with challenges and building healthy relationships. Try these ideas for Helping Kids Understand Feelings:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Read or tell a story about feelings <input type="checkbox"/> Share an emotion you are feeling <input type="checkbox"/> Talk about ways to express big emotions <input type="checkbox"/> Think through a challenge out loud <input type="checkbox"/> Encourage and praise kind behavior <input type="checkbox"/> Do a task that takes cooperation <input type="checkbox"/> Ask your child what they're feeling and why <input type="checkbox"/> Teach a calming skill like counting to 10 or deep breathing

Here's a tip! Use the boxes to keep track of your progress. Checkmark the ideas you'll use again and draw an X by those that didn't work for your family.



Learn more about the 5 Strengths that keep every family strong at FiveforFamilies.org

Download a printable version of this challenge [here](#)

March Happenings

WHAT FUN!
PLAYING,
READING,
CRAFTING,
SNACKING

LifeVac Update

The LifeVac units have arrived! We donated 75 to Southwest Health for distribution.



LifeVac is designed to save a life in a choking emergency.

We have also begun distributing LifeVac units to school districts and Head Start Programs in Grant and Lafayette counties.

This donation was made possible through a generous grant from the Ann & Leo Stoll Jr. Charitable Trust by way of Mound City Bank.



Thank you to the following agencies for their support:



CHILD ABUSE & NEGLECT
Prevention Board



platteville community fund

Platteville Thrift Shop

